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NOT TO BE AVAILABLE
TO MINORS

WOMEN'S ROLE IN NUDIST SOCIETY

THE NATURIST MAGAZINE THAT PROMOTES THE NAKED
APPROACH TO HUMAN RELATIONS — IN LIFE AND LOVE





HEALTH and EFFICIENCY

THE JOURNAL OF THE SUN SOCIETIES
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Vol. 77 No. 6

Editor: Leslie L. Bainbridge

This magazine is entirely independent. Its aim is to present the great health movement towards sun and air bathing in its widest aspects, and to publish supplements from the recognised sun bathing groups, but the views expressed in literary contributions are not necessarily those of the Editor.

● We believe in the cause of social nakedness and as such consider it our duty to promote its acceptance universally. Our propaganda both by word and picture is designed for total honesty of expression but at all times within the bounds of propriety.

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76th YEAR OF CONTINUOUS PUBLICATION

Established 1900. Health and Efficiency incorporating Sunbathing Review, Health and Vim, is associated with the Central Council for British Naturism, the Australian Federation of Sun Clubs, New Zealand Sunbathing Association, Southern Rhodesian Outdoor Society, American Sunbathing Association, National Nudist Council, Ohio, the Central Sunbathing Association, Indiana, and Hong Kong Sunbathing Association.





POTENTIAL

for

PROMOTION

Are we taking sufficient advantage of the wealth of talent that exists in the naturist movement asks John Phillifent. If the cult is to be advanced then expertise in such diverse activities such as investment in commerce, real estate, building, carpentry and the like should become the major pre-occupations of those who seek to promote naturism in this country.

APPARENTLY there were some brief articles, mere mentions, in the press recently about some scheme to build a luxuriously appointed nudist establishment somewhere here in Britain. I gather also that because of a petrifying lack of support, enthusiasm, approval and agreement, the entire notion was lifted and shifted to somewhere on the Continent. I am sorry to be so vague about the details of this. I didn't see the remarks myself, and thus have to quote from none-too-clever second-hand sources. Out of it all, what stuck hardest in the memory of my informant was the word 'luxurious.' It can come as no surprise to those who may have read previous articles of mine on the topic, that I am solidly and determinedly opposed to that long-standing myth of our movement . . . that nudism has to be in some way inevitably accompanied by primitive conditions. I just do not believe that. It is not

only quite possible, but considerably more pleasant to go nude together with conditions of comfort and all the civilised amenities.

Of course, anticipating possible comment, this is very largely a matter of basic finance. Quite so. And isn't it about time we did something rational, sensible and efficient about getting our finances into proper working order? No, I do not mean the miniature club you may frequent, or any of the other clubs, be they small and struggling, or large and prosperous. I mean the movement as a whole. And I expect that will raise a few hackles, too. But why should it? Isn't it about time we were 'a movement as a whole'? Yes, I know we have a Central Council for British Naturism, which organisation calls itself a mouthpiece, and I am aware that it, in turn, is a member of the International Naturist Federation. Fine! I am all for it. As far as it goes. Except that it doesn't go far enough. Not by a long way. Think me mercenary if you like, but if I have any inclination whatever to become a member of any kind of organisation, one of the first questions I want answered is 'What do I get out of it?' 'What does it do for me?' And I am not going to be adequately satisfied to be told that such membership confers upon me some kind of recognised respectability. That is not nearly enough.

The benefits of union

The Trade Unions are in rather dubious odour just now, which is something I do not propose to debate here. That is a political matter, undoubtedly important, but not relevant to my point. What is important in the immediate context is that trade unions 'look after' their members, often in ways that get little or no publicity, quite often in ways that the 'brothers' themselves don't always appreciate or make full use of. For instance, if you are a member in good standing, of almost any union, you can obtain respectable percentage reductions in price on a significant range of goods, merely by presenting your union card. And there are many other benefits, such as assistance with education, convalescence facilities for those who need them, and so on. But what benefits, if any, do we derive from being members of the International Naturist Federation, or by being

officially recognised by the Central Council for British Naturism? If there are any, I am not aware of them. If, however, we were organised into some kind of authoritative body on a parallel with the trade union pattern, possibilities immediately begin to appear which have never, so far as I know, been considered before.

Future in travel

To get through the bad news first, there would have to be some kind of monetary contribution. Dues would have to be paid. That might be weekly, monthly, quarterly or annually, according to preference and circumstance. Let's say there are some one hundred and fifty thousand of us, surely not an unrealistic figure, and that the dues were as modest as ten pence a week. Then let us immediately delete fifty percent of that to take care of operational and administration costs. That would leave an annual income of some three hundred and ninety thousand pounds nett. It sounds a lot, but let us also be realistic. And let us also bear in mind that within our ranks we most certainly have professional people, those who know a lot about investment, management and profitability. Surely, from that resource, we ought to be able to recruit and use talent to manage and administer such a fund in a wise and profitable manner. Assuming all that, what then would we do with it?

Well, one of the commonest and best known problems confronting all would-be clubs, one they all have to batter their way through, is the question of land; finding an appropriate site, obtaining local approval and consent, the necessary planning permission. Then follows the business of adequate development of the site into club premises that will be good enough to attract potential members. This is always difficult, but can be heart-breaking if the few hopefuls are operating on a shoe-string budget. With the backing of a strong organisation, expert and specialised advice, and the availability of a loan from funds at a favourable interest rate, that could be a very different matter. Then there is the question of development of small existing clubs, those very many that lead a precarious hand-to-mouth existence year by year. They







could be helped enormously in the same way, by expert advice and loans from the fund, repayable against increased membership and at favourable rates.

Or, to look further afield, we all know how the foreign travel industry is booming these days, and is likely to go on growing into the foreseeable future. So far as I know, there are no 'charter flights' or 'package deals' as yet, specifically for nudists. True enough, a thin few of the big operators mention, very discreetly, in their literature, that there are nudist resorts within easy reach of some of their destination points. But they do not stress that aspect much. If we were organised in any competent and rational way, we could handle that concept very well. It happens to be true, as any advertising man will tell you, that there are thousands of things the public will go for, but don't, simply because they don't know such things are available. I am quite sure that most of us can think of all sorts of other ways in which an efficiently organised corporate

body could be of immense value to nudism in general.

To take up again, for instance, the question of advertising and publicity, of making ourselves properly known. Very few clubs, not even the bigger and more affluent ones, can afford to buy advertising space in the normal media channels. Truly, as you can discover merely by flipping the pages, clubs *do* advertise in this journal. Let me not seem to decry that, in any way. But, as a rank outsider, though quite sympathetic, had to comment in my hearing recently, 'it is very much an 'in-group' publication.' In fact the percentage of issues sold to those outside the movement must be quite small, and the effective impact of the advertising equally small. With some kind of realistic budget to work on, we should be able to draw the attention of the great British public to the fact that, not only are there large numbers of nudist clubs in actual existence and well patronised, but that they are, moreover, very pleasant and delightful places in which to spend a truly enjoyable holiday. And that they, very often, offer highly favourable terms, economically speaking, in comparison with just about any other kind of holiday you care to name.

Sense of belonging

Of course *that* kind of action would call for some radical re-thinking on the part of many of our smaller clubs, most of which seem to be inflexibly committed to the principle of 'exclusive and special' membership, as if we nudists were some kind of sacred and chosen people. Frankly, I believe this attitude to be very largely mistaken. I doubt very much if opening our collective gates to ordinary people would result in any significant lowering of our standards, whatever they may be. Vandalism, hooliganism and bad behaviour in general, are very largely the outcome of reaction to environment. All the major holiday-camp operators have known this for some time. Of course you *will* get the few who don't know how to behave, no matter what, but for the most part, people do tend to fall into line with the ways and standards of the surroundings they find themselves in. And there is, too, the psychological impact of belonging, being interested enough to pay the











An American nudist who revels
in her naked way of life.

dues in the first place, and the sense of official existence. That, I feel sure, would help eliminate most potential offenders.

It is the sense of 'belonging' that I feel is most important, the awareness of being a member of an organisation with both teeth and muscles. Second to this is the fact of owning a membership card. Think what it would be like if you knew that, as a consequence of being a member of the British Naturists Association, you would be able and privileged to visit any (member) camp if you happened to be in that neighbourhood, merely on enquiry, showing your card and paying the entrance charge for a day or week, whichever. Or if you could bring along a guest, as one is able to do with most other clubs. Think what *that* would do for recruitment. I venture to suggest that, barring some awfully bad management and ham-handed administration, within three to five years, we would see a total reversal of the present situation. Instead of trying to persuade people that nudism is a good thing, and trying to get them to join, I think we would have so many would-be applicants that we would have a long waiting list for vacancies. And wouldn't that be a very pleasant change?

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A NEW BREAKTHROUGH

There has never been until now, anyone of repute willing and able to undertake a serious investigation into the possibility of increasing the size of the penis. The medical profession has always scoffed at both the desirability and the possibility of achieving this.

The desirability is surely the choice of the individual, while the possibility is obvious, when one thinks about it. An erection is produced by the stimulation, transmitted from the brain via the appropriate nerves, causing the penis to be liberally charged with blood, which in turn causes it to expand and stiffen.

Basically speaking, to enlarge the erection, it is necessary to increase the blood flow and to stretch the tissues of the penis to accommodate the extra blood.

These are the two most important problems successfully solved by Dr. Robert Chartham during his lengthy investigations.

THE MAN RESPONSIBLE FOR THE DEVELOPMENT OF THE CHARTHAM METHOD

Dr. Robert Chartham is the author of a dozen books on sexology with world wide sales of over 9 million translated into eleven different languages. He has been a sex counsellor for 40 years and has his own clinic in London, England, where he receives over 4,000 letters a year from all over the world. He also lectures on sexual psychology at many British Universities, has spoken on television in both America and Britain and was the pioneer of sex education for teenagers in the UK.

THE FACTS ABOUT THE CHARTHAM METHOD

Dr. Chartham's interest in the possibility of increasing penis dimensions caused him to investigate all alleged methods as were already in existence. To this end he was able to call on the assistance of a number of men who have helped him in other experiments.

His initial research showed that of fantastic claims made by many of these methods were backed by no concrete evidence whatsoever. In experiments proved them virtually useless. However, two methods did succeed - in producing some improvement - the Magnaphal Course and the Vacuum Developer.

The improvements gained by the former were slight but permanent and also resulted in a much firmer erection.

The Vacuum Developer produced considerable improvement but only of a temporary nature. Various models of these were tested but some were found to be positively dangerous in use, with the result that Dr. Chartham decided on one of his own designs.

He next tested these two methods in conjunction with each other and achieved considerable success.

Further research enabled Dr. Chartham to incorporate additional improvements in order to combine them to the best possible advantage. The result was an entirely new method of penis development.

He then conducted controlled tests with 15 men of varying age groups in conjunction with each other.

The following results were obtained in his report. Of the 15 who took part, 3 were aged 21, 23 and 24 respectively, 4 aged 28 and 35, 5 were between 40 and 45 and 2 were 51 and 54 respectively. The 21 and 23 year olds added up to $\frac{1}{4}$ inch in length and $\frac{1}{4}$ inch in girth. The 24 year old added $\frac{1}{4}$ inch in length and just over $\frac{1}{4}$ inch in girth. The 28 and 35s added between $\frac{1}{4}$ to $\frac{1}{2}$ inch in length and between $\frac{1}{4}$ to $\frac{1}{2}$ inch in girth. The 40s to 45s were within the same limits, though one added $\frac{1}{4}$ inch in length and an inch to girth. The 51 year old added $\frac{1}{4}$ inch to length and an inch to girth, and the 54 year old put on $\frac{1}{4}$ inch in length and just over $\frac{1}{4}$ inch in girth.

A latercomer to the tests was a man in his early 60s whose measurements in his early 50s were 6 $\frac{1}{2}$ inch in length and 5 $\frac{1}{2}$ inch in girth. The surprising result yet produced the surprising results of 13 $\frac{1}{2}$ inch in length and 0.7 inch in girth by the time all had completed the course, though he carried it out for one month less than the rest.

These results are even more amazing than at first appears. First, there was not a single failure in any age group. Secondly, the increases both in length and circumference are quite remarkable when one considers them in perspective. To appreciate what an increase in girth of $\frac{1}{4}$ means, take a tape measure and curl the end over to make a circle of 4 $\frac{1}{2}$ inch. Roughly average penis circumference! Then move it out to 5 $\frac{1}{2}$ inch. The difference in length can be shown by holding a ruler against the length of your own erect penis and imagining another $\frac{1}{4}$ added.

SOME QUESTIONS AND ANSWERS ABOUT THE CHARTHAM METHOD

Q. Why should a man wish to increase the size of his penis, when all the books say that size doesn't matter?

A. It is a fact that the size of a man's penis does not physically affect his sexual performance or his partner. Dr. Robert Chartham has for over 30 years attempted to convince worried men that their feelings of penis inferiority were unfounded. However, in recent years he has come to the conclusion that, psychologically, the size of a man's penis is of vital importance to him and that no amount of assurance will convince the underdeveloped man that he can be the sexual equal of his more well endowed neighbour. Neither is it possible to convince the average woman that a larger penis is sexual necessary afford her more sexual enjoyment. The penis is the symbol of man's masculinity and any fears as to its dimensions being inadequate can be extremely damaging to his confidence. On the other hand, the man who is well endowed in this respect has every confidence in his lovemaking.

Q. What does the Chartham Method consist of?

A. The Chartham Method consists of the course manual, containing detailed and illustrated instructions and to the exercises, manipulations and massage together with the Vacuum Developer, which is used in conjunction with these. There are no drugs or medications. The instruction manual has been written by Dr. Chartham himself in clear and concise language, making it simple for anyone to follow. The specially designed Vacuum Developer is made of clear material so that you can actually see the penis expanding during use. This

model has been specially constructed so that no harm can be done to the penis by its use, according to the instructions. The course needs to be carried out for 12 weeks in order to obtain maximum results.

Q. How does the Chartham Method work?

A. Expressed as briefly as possible, the rationale of the Chartham Method lies in stimulating the circulation to the genital region, in promoting the elasticity and expansive properties of the vascular tissue of shaft and glans, and in enabling the subject to achieve positive control of normally involuntary muscle action.

Q. Are there any side effects to the Chartham Method?

A. Yes. Use of the Chartham Method invariably results in a stronger and firmer erection and the great majority of users report that they are able to hold an erection for longer periods than before taking the course.

Q. Is the Chartham Method suitable for me?

A. Yes, if you are in a reasonable state of health and wish to increase your penis dimensions. No, if you suffer from heart trouble or any condition whereby you cannot safely indulge in moderate exercise.

Q. What is the cost of the Chartham Method?

A. The total price is £10.00 including postage. All orders are dealt with in return post.

The instruction manual is printed in English, German, Italian and French.

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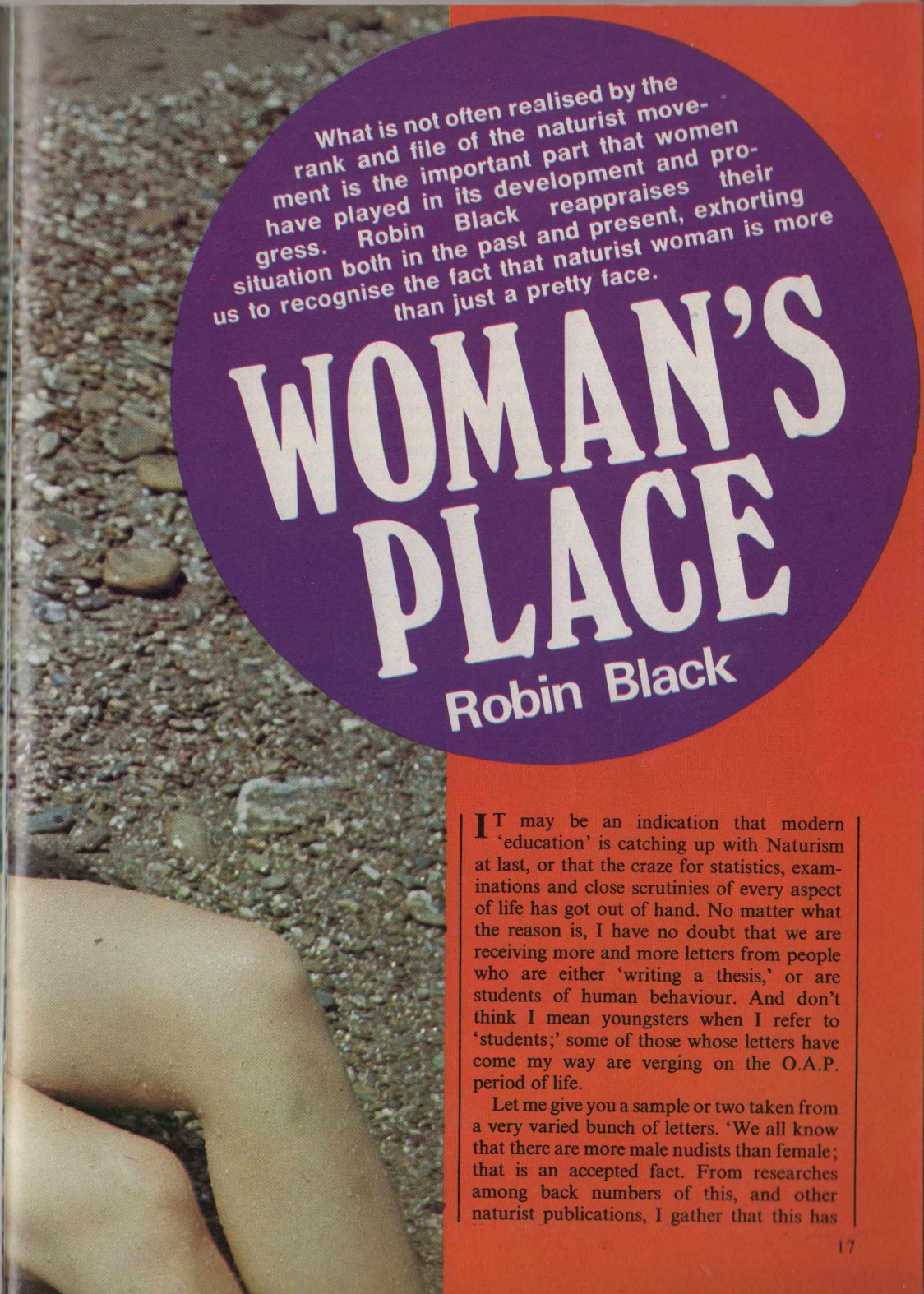
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What is not often realised by the rank and file of the naturist movement is the important part that women have played in its development and progress. Robin Black reappraises their situation both in the past and present, exhorting us to recognise the fact that naturist woman is more than just a pretty face.

WOMAN'S PLACE

Robin Black

IT may be an indication that modern 'education' is catching up with Naturism at last, or that the craze for statistics, examinations and close scrutinies of every aspect of life has got out of hand. No matter what the reason is, I have no doubt that we are receiving more and more letters from people who are either 'writing a thesis,' or are students of human behaviour. And don't think I mean youngsters when I refer to 'students;' some of those whose letters have come my way are verging on the O.A.P. period of life.

Let me give you a sample or two taken from a very varied bunch of letters. 'We all know that there are more male nudists than female; that is an accepted fact. From researches among back numbers of this, and other naturist publications, I gather that this has

always been so. Hence, I'd guess, the ban on single men, although I cannot understand why, the 'movement' insists on a balance of the sexes. It seems to me that you naturists tend to keep the women in their place. They do the chores, make the tea and take little part in the affairs of the movement. You seem to aim at a primitive society in which the 'weaker' sex have very little say.' And so on.

Male persuasion

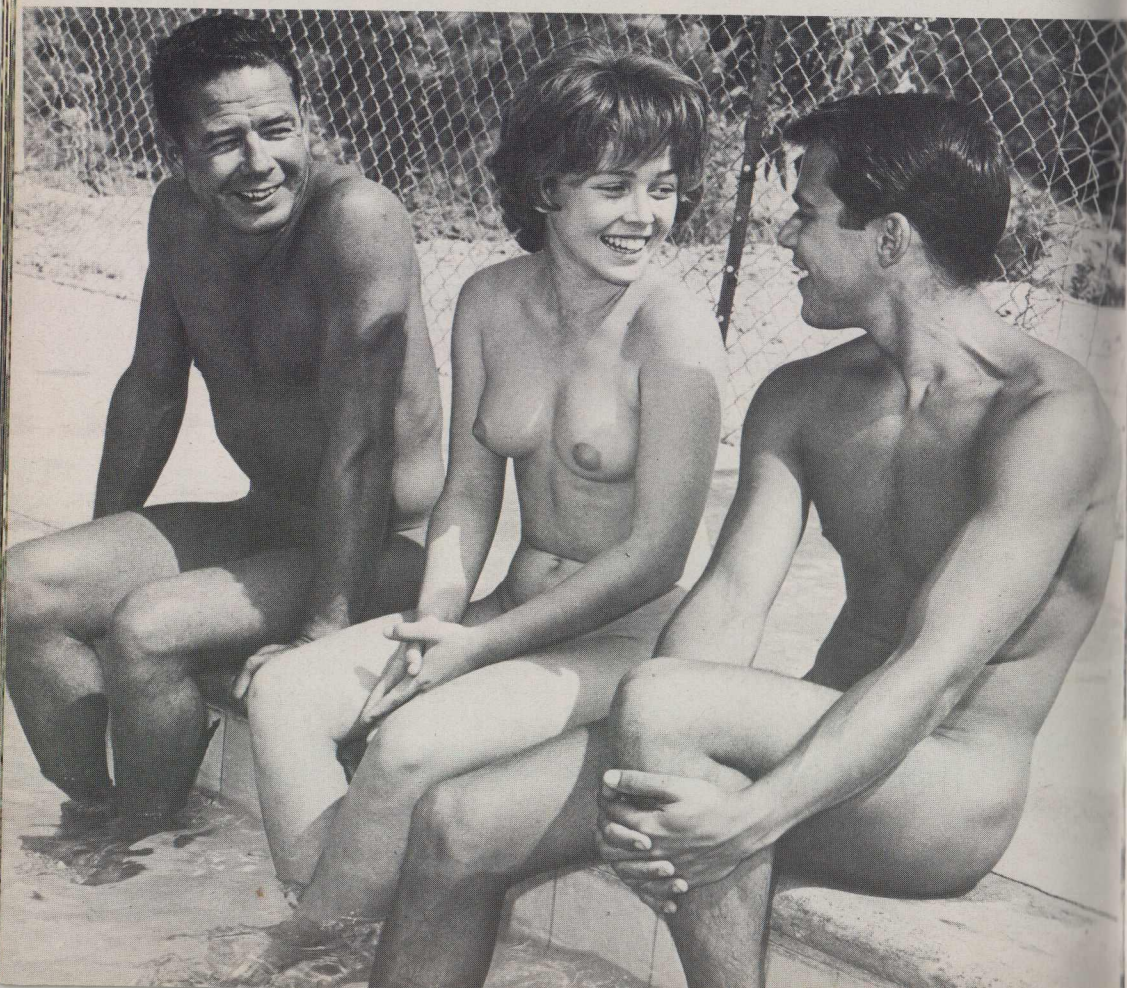
Before I begin to take this letter to pieces, let us take a look at another letter. 'I read somewhere that a survey of the motives of members of nudist groups showed that most married women became nudists because their husbands persuaded them and not from any personal interest. I have been told that once

they have taken the plunge, they often become very keen indeed. I don't understand this. Nudism is so contrary to the beliefs of most women that I find it hard to believe that they are really enthusiastic. I wonder how many of them join so as to keep an eye on their husbands.'

'In an article, or perhaps a letter, to your magazine some years ago, it was stated that the reason women are reluctant to become nudists is because they fear comparison with other women. If this is so, I would blame the 'nudist press' with the never-ending photographs of lovely, shapely girls.'

Before I dig any deeper, let's have a look at what has been said in the three letters I have quoted.

First, it is true that there are more male than female nudists, and the reasons for this



are many. I have heard it said that the 'natural modesty' of the ladies is to blame. This is open to debate for, after all, what is 'natural modesty?' The vagaries of feminine fashion show how far 'modesty' can be changed by the swing of the 'fashion' pendulum.

It has always been found desirable to have the 'balance of the sexes' referred to. There are many reasons for this, the most valid one being, in my opinion (disregarding the somewhat high-flown ideas of those who still talk about the 'Nudist Ideal') based on the experience of clubs which have discarded the once-universal Single Man ban. They have found that when the ladies are very greatly outnumbered by the men, not only do the men object, but so do the ladies. There is certainly no wish to 'keep the women in their place.' Why, then, you may ask, is it the women who make the tea, do the chores and keep out of the 'affairs' of the clubs?

The answer to the first part of the question is simple enough. Have you never noticed that even when people meet for a conventional picnic, or holiday trip, it is almost always the ladies who 'make the tea'—in other words, look after the house-keeping. Would you expect it to be any different in a sun club. Also, forget the word 'always,' for there are male nudists who do these so-called menial jobs.

Roll of honour

As for having no 'say' in the affairs of the club, or of the movement, does anyone with any knowledge of Naturism in this country over the past forty years believe that? Has no one ever heard of (to name a few) Dorothy, Nell, Sylvia, Rona, Luana? These, and many others, were the backbone of many clubs and of at least one of the succession of national bodies, not because they undertook much of the secretarial work, but because they came forward to give their opinions just as ably as the men. Indeed, I could name several clubs which would have sunk without trace had it not been for the women.

And let me get rid of a suspicion voiced more than once. These women were (are?) not of the school-marm or W.R.A.A.C. sergeant-major type, although they sometimes needed the ability of both to sort out

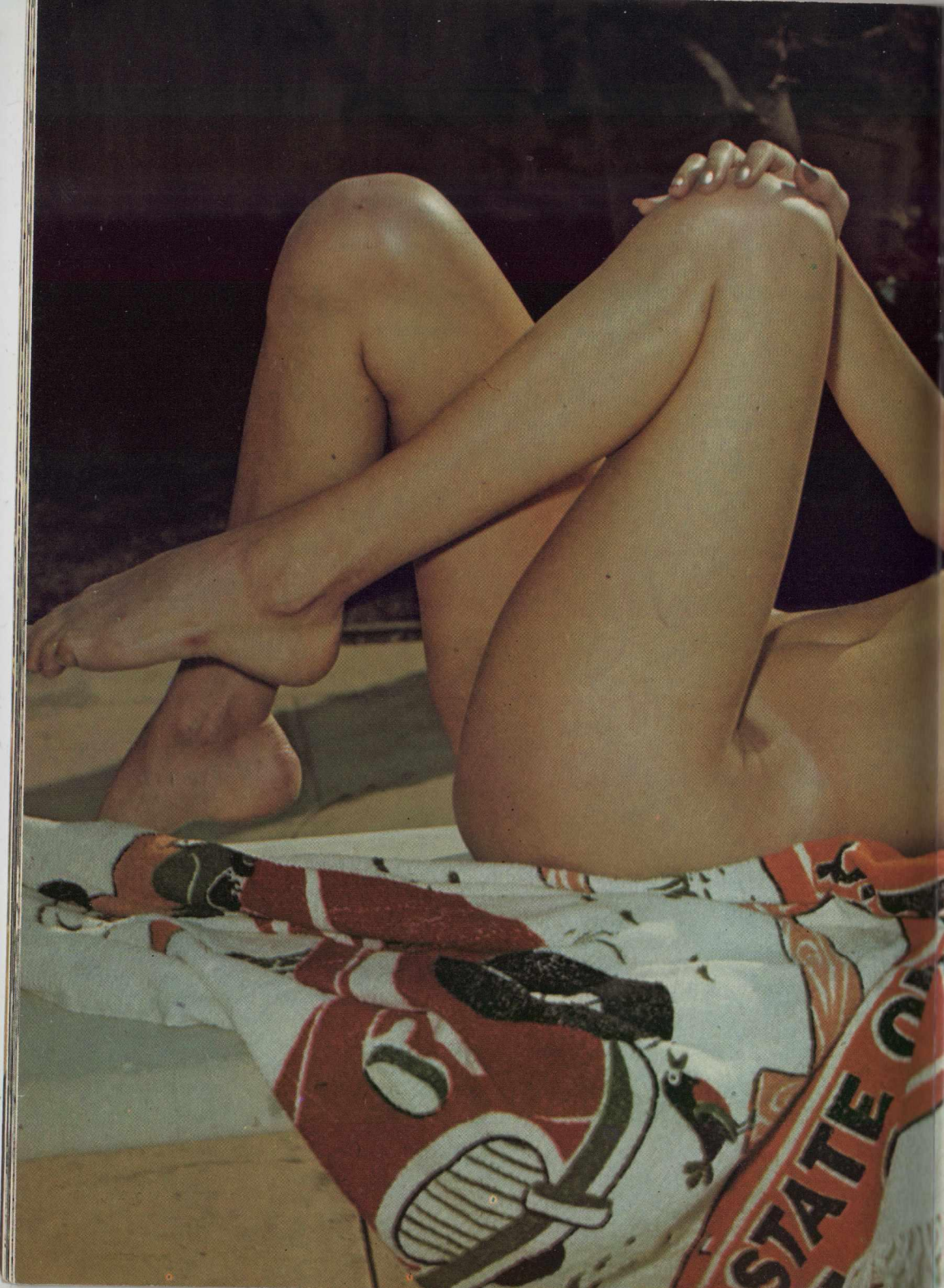
the tangles.

Before we leave the allegation that women take little part in club life, I suggest that anyone who feels that way might have a look at some of the ladies when they take part in club games. When they take part, they really do take part—and they ask for no quarter from the superior males.

Active part

I suppose it may be true that there are wives who have joined a nudist club to keep an eye on their husbands. There may even be husbands who have tagged along with their wives to see for themselves whether or not the ladies have drifted into bad company. It doesn't say much for the mutual trust which is supposed to exist in marriage if this is true. If it is, I have a theory I'd like to put before you. Often men will hear about naturism through one of the magazines. Often this 'new reader' thinks the magazine is just another sexy journal full of pictures of pretty girls. He examines it and realises that there is 'something' in Naturism. By that time he has got over the first shock of seeing the activities of naked men and women, playing games, working, sun-bathing and the like. He tells his wife and produces the magazines and, very often, the balloon goes up. Unless, of course, the little lady already knows something about nudism. Oddly, this doesn't make matters any easier, for hubby probably wonders how wifey found out about it. It's all very silly, but then most of the objections to Naturism are silly—to us!

What of the fear of comparison with younger, more shapely, beautiful girls? I know that fear exists, and I also know how difficult it is to dispel it. The obvious way is to persuade that type of woman to see for herself. I'd have thought that a trip or two to any seaside resort would provide the answer. I don't think that anyone would claim that *all* the ladies who disport themselves on the beaches are either shapely or physically attractive. Could they look any worse if they were to shed the scraps of material which are acceptable as 'bathing wear' nowadays? If the reluctant lady would take part in a trial visit to any sun club, I am sure she would find







that members are just ordinary people, a mixture of young and old, pretty and not so pretty. She might find a model or two, in some clubs, but in any case, even if she is way below standard, I am sure she will be reassured by the knowledge that these strange people in the sun clubs are, in appearance at least, ordinary.

Up-to-date?

There may be another reason for reluctance to join . . . the suspicion that there are 'goings-on'—activities which are very much contrary to the acceptable standard of behaviour. There was a time, not many years ago, when we would have denied such allegations, but times have changed. Permissiveness, so widely accepted by society, has probably crept into some of the clubs. (I have no personal knowledge of this, but I have had evidence, from readers, that there are clubs where 'Total Freedom' is accepted). It would not take long for the newcomer to find out and, if he or she doesn't like the club's policy—or lack of policy—they can get out.

I called this article 'Woman's Place.' Of course there is a place and a very important one for women in Naturism. It has always been so and it is strange that so many doubts linger. Perhaps it is not for every woman. One little lady wrote me an angry letter complaining that the club she had just joined banned jewellery, heavy make-up and 'artificialities.' So what? Someone made the rules, and no doubt, would willingly explain. And, after all, we do call it 'Naturism.'

Now don't write and tell me that you disagree. I know all about the interpretations that are made of that much vexed word. But if people prefer to label naked living as naturism—and I am in favour—then they have to accept that questions will be asked about how the name is justified when so few naked living devotees bother about being involved in the natural way of life. I may be a little behind the times in these matters, but I find it difficult to equate cosmetics and jewelled fripperies with the naked life style which I have always accepted as a back to nature movement.

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Readers' Photo Contest



This month's winner is a family group, members of Bristol Solarians.

Murray James

A PRETTY good selection of pictures this week, don't you think? Good photographic quality in all of them. So how do you decide which one is the winner. Difficult, but not overmuch, for one picture stands out as naturist—the one showing the couple.

If I were to criticise this picture at all, I would just slightly regret the shadows on the faces and perhaps the slightly wooden stance of the man. I think he would be better if he had his left hand on the girl's shoulder and turned slightly to look at the camera. But I'm carping really. An excellent picture.

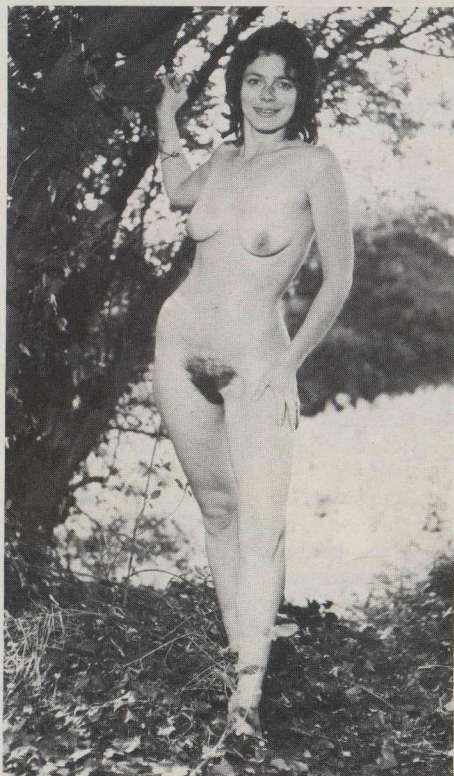
Now, it is even more difficult to choose between the second and the third. I like the

girl against the rocks for her easy, pleasant and relaxed position. But then the background is a bit confusing. And it competes with the girl for your attention. If the author had used a larger aperture he might have thrown the background out of focus, thus helping us concentrate on what matters.

The girl under the tree is also excellent. I suppose fill-in flash has been used. And it is timed beautifully. But compared to our previous girl, isn't the pose a little artificial—a little stiff? And the background is not all that simple either. On reflection I award second prize to the girl on the rocks and third of course to our charmer under the trees.



Second place winner was photographed at Blackgang Beach, I.O.W.



Third place winner lost rating because of rather stilted pose.

●PHOTO COURSE

The most difficult aspect in the nature of nude photography is to get suitable models. The claim that is sometimes made that the average naturist club is swarming with beauties ready for the asking is as ludicrous as it is false.

AT least for the meantime, let us forget about the technical side and move on. Over the past few months we have discussed cameras, films and developers. But what about the real business of photographing girls?

Like Mrs. Beeton, perhaps we should start by saying first catch your girl. For many would-be photographers of the nude, this first step is the most difficult. The easiest way is to funk the task completely and hire a professional model. But that is bound to be expensive, especially since you will have to pay the agent his cut as well. And professional models can over-awe the amateur. Some of them appear to know a darn sight more about figure photography than you do. Or they think they do and that can be even worse. Nothing can be more irritating than the girl who knows all her 'best features' and keeps insisting you photograph those and no others. This girl will take up theatrical poses without being invited, and never relax until you have taken the picture. Then in the flick of one hundredth of a second, she is into another meaningless pose. In the end you feel like tossing her the camera and telling her to get on with it.

But if we count out the professionals, how do you get a model? It is perfectly simple. You ask. I know it takes a bit of courage and the younger you are the more difficult it is. But if you are really set on making figure photographs, you will overcome your anxiety. You just have to, and that is all there is to it.

If I can give any hints it would be to make up your mind exactly what you are going to say. Don't blunder into the question. Put it plainly and slowly. Your first efforts should be confined to girls you know. These at least

won't think you a raving sex maniac. If you have the chance to take your time about the matter, let the girl know you are keen on photography and especially figure work. Let it sink in. You can be sure it will. So some time later, when you ask her simply if she will model for you, it won't come entirely as a surprise. Consequently she won't feel obliged to shy away as most girls will on first hearing the question.

If you have not the time to do this preparatory work then you have to ask right out. It is essential to know the probable reaction so you can be ready. The first probable reaction is a reply to the effect that she couldn't possibly do that—she is not good enough. Her figure is far from perfect. You have to know how to reply. What are you going to say? Be careful; you are on delicate ground. If you say something like, 'I know you are an old bag, but you're the best I can get,' expect a left hook and a rising knee.

Now, of course you would never be as crude as that. But you would be surprised how sensitive girls can be about their figures and you must take this into account. You could say, 'Look, you are too sensitive about your figure. It's much better than you think—I'm not blind.' Or you could say, 'Don't be silly. Do you think I would have asked you if you weren't very suitable.' But you have to be honest in your praise. Girls only like to be flattered if there is at least a grain of truth in what you say. If the girl appears willing, be ready to make a date right there and then. Strike while the opportunity is there.

Murray James



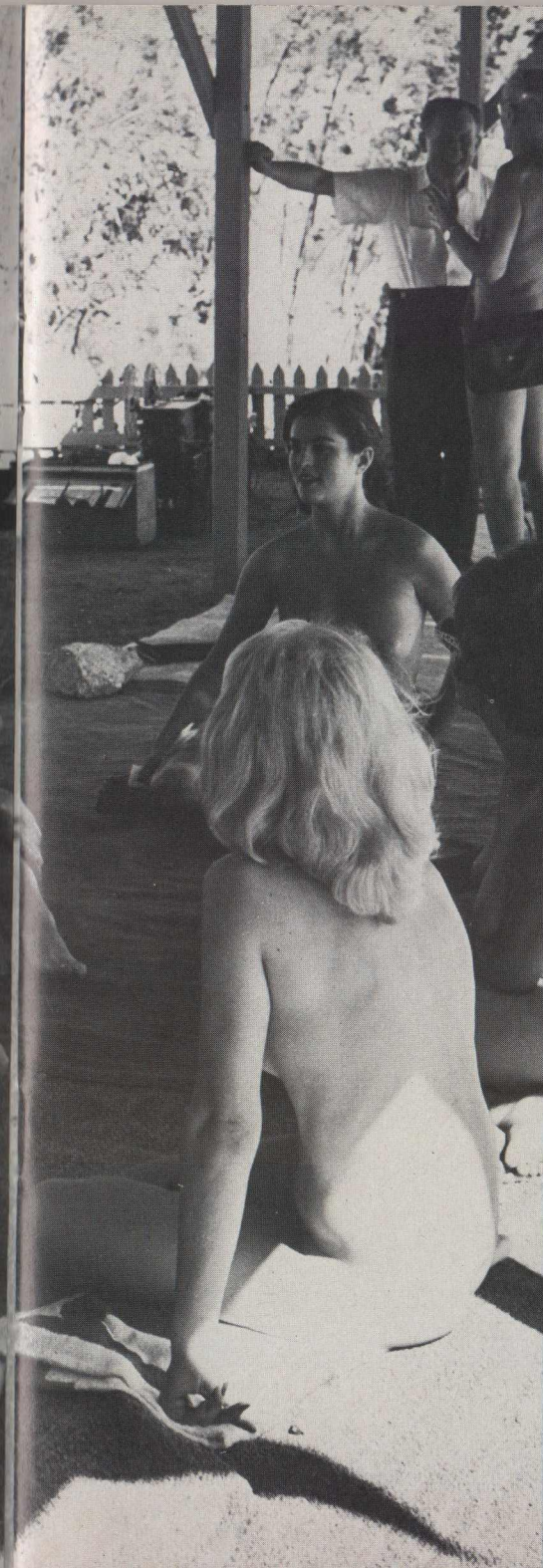
CAMP ★★★★★★★★★★★★★★★★★★★★ FIRE ★★★★★★★★★★★★★★★★★★★★

In this month's discussion group, Wallace Arter enquires into the prospects of free beaches, the fallacies connected with mixed nude bathing, hard-core pornography and, for light relief, club maintenance!

HOW long will it be before the authorities in this country allow nude swimming and sunning at any place on the coast? We have been moving in that direction for years, but as far as I can see, little progress has been made.

That comes from one of several similar letters. It may surprise some readers when I say that this question has been asked over and over again for many years—ever since. I suspect, news came of the once-famous Sylt and the Danube banks before 'disaster' overtook them. The originators of the Free Beach idea had to come to terms with facts, and one of those facts was the opposition of the majority to nakedness in any form. In some countries, although the locals knew that nudist camps existed, toleration was sometimes stretched to breaking point, usually after some visitor had overstepped the mark. I believe the answer to the question is—we don't know, and we have no means of knowing. We *do* know that the general public (i.e. local residents) are not too happy about free beaches. Whether the promise of financial gain will, in the end, tempt them to relax is a matter of opinion. It may be that a majority





of the British people would give in if enough 'lovely lolly' was dangled. It has happened in some countries but, somehow, I don't think it will happen here.

Every time I mention free beaches someone or other is bound to chip in with a story of yet another 'private and quite safe' beach. I *know* there are such places, but a lonely spot where one can strip without fear is something very different from a beach where a group of men and women can run around naked. Like most naturists, I believe that we should have free beaches, the more the better, but we have a long way to go. For one thing the attitude of the general public must change. How can one expect the acceptance of naked swimming and games by people who still think of nakedness either as something 'sexy' and erotic, or as the basis of so-called humour. When I read of male strippers being cheered and handled by an audience of women, I sometimes despair. Have we made any progress towards the acceptance of the naked body as something natural?

I am sorry to 'go on' in this way, and I am sure no genuine naturist needs a lecture on the dangers of the slippery slope. And there are dangers. I have a friend who is obviously either on the list of customers of a Dutch firm specialising in pornography, or else is in the racket himself. I cannot ask him not to send me any more samples, for I don't know his address. Believe me, some of the matter he has sent me is incredibly filthy. You may ask: 'why worry.' I believe that sooner or later there will be a crack-down on people who deal in filth, and once the pendulum starts swinging back, it may go too far. Do we want to risk a return to those days when every photograph printed had to be closely scrutinised for 'obscenities.'

Let's get back to something a bit more wholesome, such as club maintenance. I am told that the days when many clubs thought themselves lucky to have a 'pavilion' which was nothing better than an old army hut have gone for good. 'Any club worthy of the name now has a well-built and planned club-house at least. Many have all sorts of refinements, too.' You don't have to tell me that. I know a







fairish number of clubs which now have near-palatial buildings but which started off with—just an old army hut. (In one case the first pavilion was well-named—it had been the headquarters 'shed' of a small tennis club). Now we are all glad when we see a club rising from the near-poverty of its early days and now able to boast of its 'modern amenities.' Last autumn I was in a get-together of members of one of the 'top' clubs. All of them had worked hard to build up the club, and not only had given their 'muscle' but had also provided some of the money. (True, they were getting their money back, month by month). What surprised me was the way in which these men harked back to the days of their early struggle. I got the impression that proud though they were of their fine modern club, there was something missing. I am certainly not against providing the best possible amenities in a club, but I still think that there's more fun to be had from a real 'back to nature' job. Now let me tell you of a suggestion which came up during our talk. 'Why don't we find a small site and start a club from scratch?' Why not? I'll be glad to hear whether or not this suggestion was taken up. And don't tell me it's happened before—of course it has.

Faults among the best

Most club buildings, even the very posh ones, properly planned and erected, sometimes give trouble and my experience is that the roof is the most likely part to demand attention. Many club buildings are still covered with felt, which wears, gets torn and once a ragged edge is left, begins to blow away. Mending such a roof is not usually a job for the professional. It should be within the scope of any club handyman, but it is as well to get some advice. The suppliers of the material to be used will advise; if there is any doubt about the local by-laws, the local Council should be consulted. I advise this because I know how easy it is to decide to make some alterations which may very well come into the realm of influence of Local Government. Felt is, incidentally, a very good roofing material, providing it is stout enough for the job and is correctly laid. Once again, I advise asking the suppliers for hints and tips. If you

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do come under local building regulations, it may be necessary to back the new felt with foil. This of course adds to the expense, but is well worth it.

Another maintenance job is—drainage. More and more of the larger (and more flourishing) clubs have installed modern lavatories, but few of them are connected to the main drainage system. This means that they have the cess-pool emptying problem. It was recently decided to discontinue the rate charge on premises which are not on the mains. It is worthwhile to check your club demand note—and ask for a reduction. And, before we leave the drains, it might be well to check any overflow lines. I am told that overflows are illegal, but there are many about, for the simple reason that there's no way of doing without them. Most of them work well, in a way similar to the 'sub-surface irrigation' permitted by many local authorities. But overflow trenches get clogged with fallen leaves, twigs and falls of soil from the sides. A clogged trench means trouble, for the water forms into pools, held back by the obstruction. Trenches should be inspected and cleared. It's not a pleasant job, but it's better than having 'sewage sour' grounds stretching from the sides of the trench.

Sewage disposal

Sometimes trenches are clogged in other ways. A friend who lives in a very small village which is without a real sewage disposal plant, tells me that a long trench leading from a make-shift filter bed was clogged last summer, to the distress of the farmer who owned the field across which the 'drain' went. Investigation showed that local kids had dammed the trench and were using it as a paddling pool! Fortunately, no harm had been done and after all, any way of contriving a paddling pool is welcome in hot weather. But—watch those kids. The effluent from your 'system' may not be as harmless as the one my friend's small neighbours made use of.

And, while we are considering small children, I will pass on a grouse from the

owners of a comparatively new Sun Club in the south-east. During their first year, the dozen or so members were worried by the attentions of some of the locals. Perhaps I should say 'suspected attentions.' They got over that problem by stopping up gaps and reinforcing some of the fences. They were pleased with their efforts, but in the past season they have had to put up with what my informant calls 'Second generation nuisances.' Small children from the nearby village have shown an interest in club affairs. They climb trees so as to be able to look down on members as they work and play. My suggestion that they should complain to the owner of the trees did no good at all. They had tried that approach and got nowhere. They were told that local kids had always climbed trees and, anyway, what was so secret that these 'club people' objected to some kids knowing about it. I can't think of an answer to that one.

Outsider scores

Second prize in the I.N.F. Press competition was won by Brian Gibbons of Peterborough, for his article 'The naked gardeners' published in 'Garden News.' I.N.F., announcing the award, says that more and more people *outside the movement* write articles describing their naturist experiences.

I saw the article when it was first published and was somewhat surprised as, generally speaking, gardening and naturism do not mix very happily. Garden plants tend to be 'spiteful,' and the soil contains material which does the human foot no good at all. All the same, congratulations to Mr. Gibbons. Anything which presents the true face of naturism to the public is a step in the right direction.

Do you keep a register of members' interests? (I do not mean a list of their investments—I'd expect a dusty answer if I started that sort of probe). But a list of hobbies and general interests could be very useful. It might save the club a lot of money—and it might reveal some hidden talents. Why not try it?

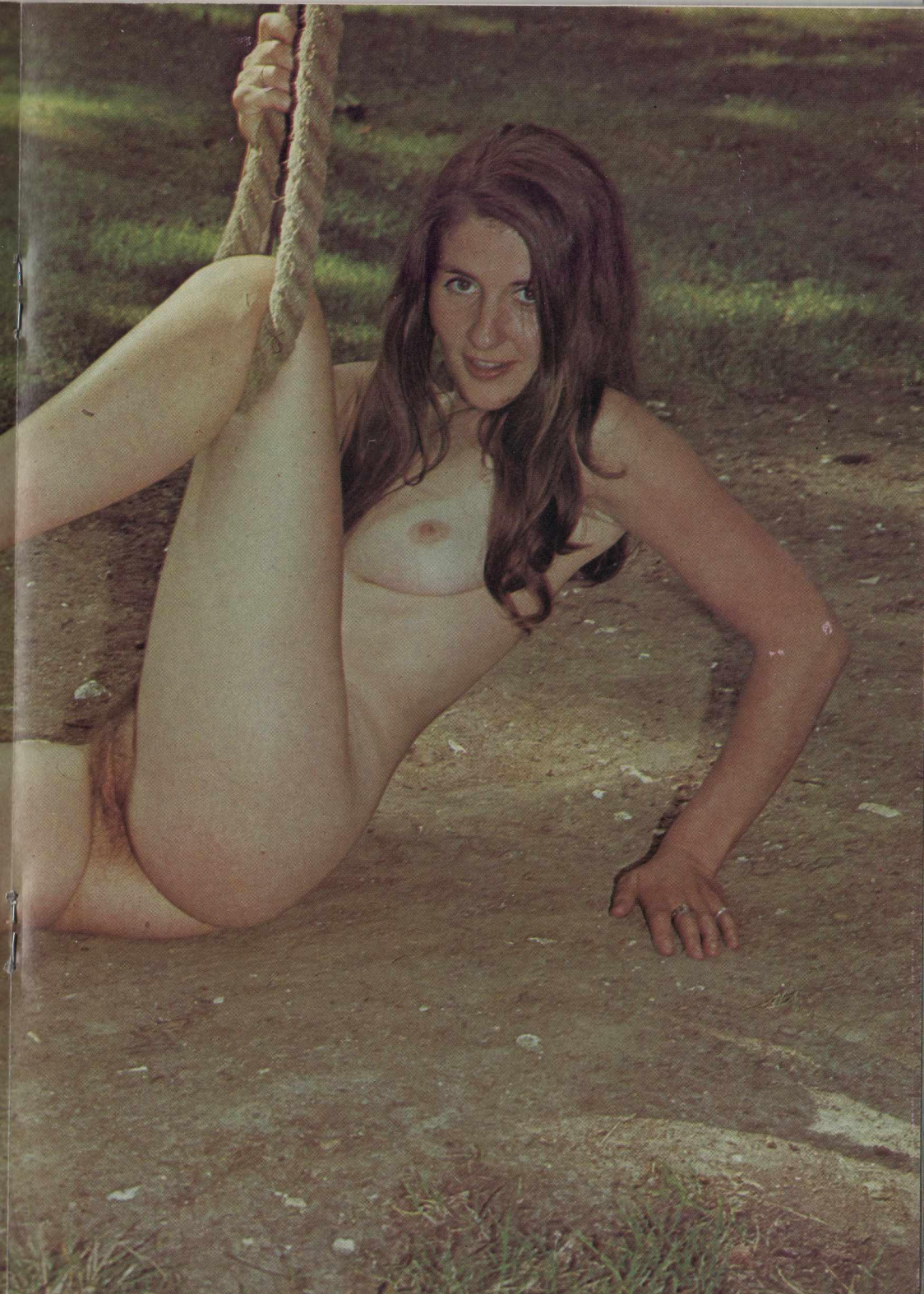
HEALTH & EFFICIENCY

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SEX HELP IS SELF HELP

Many of the quirks of behaviour that are often associated with characteristics of personality are in fact reflections of early sexual influences, be they deep-seated or shallow. Ada Payne reviews a book that gives us an insight into some novel aspects of behavioural patterns.





MY family laughs at me because I've got a thing about arranging the living-room curtains. No matter how carefully they have been drawn back the previous evening, I feel compelled to adjust them into precise folds immediately I get downstairs each morning. This phobia has always come under the heading of 'One of Ada's idiosyncrasies,' but having read a recently-published book dealing with the comparative psychology of the sexes, I now know that, for women, curtains have the unconscious symbolism of underwear, so my action relates to adjustment of my panties.

Thinking back, I realise that on each morning of my early school-days, mother invariably followed her good-bye kiss with the question, 'Have you got your knickers pulled right up?' so it logically follows that the mental adjustment of my panties should now be one of the first actions of each day. I'm rarely motivated to straighten the curtains on Sundays, so perhaps psycho-analysis would reveal that to be the day on which I most welcome, and usually have, a love-making session.

*Sex in Man and Woman** is a remarkable little volume which explodes the belief that psychology is a dull subject, of interest only to egg-heads and blue stockings. Listen for instance, to what its author, Theodor Reik, has to say about the ramifications of sex in home-making . . . 'To make a home comfortable is as natural to a woman as it is to a bird to build a nest.

Unconscious equation

'Nest building is, so to speak, the instinctive pattern process after which interior decorating and home building are moulded. In making a home for her mate, woman continues the preparation of her body for the unborn baby whose predecessor is his father. The unconscious equation of the room and the woman's body reaches further than she knows. The other day a patient explained to me why she chose small chairs and tables for a certain room in preference to larger ones; the smaller pieces would make the room appear larger. Men, with the exception of interior decorators, rarely think in such terms about rooms and furniture. It appears to be

alien to most men to see rooms as substitutes for their bodies. For women the home is not only the place they live in, but that they live WITH. Every spot in it is filled with memories of events in their lives and in the lives of those near and dear to them. These memories are in their thoughts so intimately concerned with certain places within the home that they are brought to mind in correlation with them. Men, in general, do not think in those local terms when they bring memories to the surface. The unconscious equation of room and woman's body is often confirmed by women themselves. A woman speaking of curtains for the dining room compared the situation of a person passing and looking into the uncurtained room with that of a peeping Tom who sees a woman undressed . . .'

Intolerable situation

Basing the book's contents on the fact that recent decades have witnessed great changes in the social and psychological positions of the sexes, Dr. Reik stresses a point that is particularly significant in this the year which sees introduction of equal opportunity and pay for women . . . 'What was decided by prehistoric protocol cannot be annulled by an Act of Parliament. Husband and wife have a common life which can never be an identical one. Life would be intolerable if men were to think and act like women, and women like men.'

A case mentioned in the chapter called 'Why can't a woman behave like a man?' brings to mind a problem recently put to me by a male 'H. & E.' reader. He asked 'How can I prevent my wife watching me all the time—she is looking at me every time I look up from what I am doing and it makes me feel guilty, even when I haven't any reason to be.' One of Theodor Reik's patients made the same complaint, saying, 'Women watch you all the time. It is as though you were observed or spied upon as long as you are around them. You get up in the morning, and the first glance you feel is that of your wife, who wants to discover what mood you are in. You come home from your office and she studies your face as if she wanted to find out whether or not you have had a bad day, whether you are cheerful, or tired or fed up.







During dinner she looks at you and you feel it is because she wants to know if what she has served has pleased you. Later you look up from your paper and you know she has just looked at you wondering if you still love her. My wife is constantly eager to find out what I feel—especially about her. It's not important to her to find out what I think of my boss, or one of my colleagues, or about the government. She is not curious about what I feel in regard to God and the world, but she cannot stand the slightest uncertainty about what I think of her. She has to know—or at least to guess—that. Therefore, she watches me all the time and I feel as though I were allowed no privacy in my emotional life.'

Such keen, personal concern is something that many men find annoying, and its obvious presence is, I judge, the reason why some of

them prefer the company of other men. Yet if only husbands understood the trait as an inherent part of female character, they would cease resenting it and perhaps even appreciate the advantage of having a mate who perceives changes of mood and so reacts sympathetically.

The book, which is sub-titled, 'The Emotional Variations of the Sexes,' is a valuable aid to individuals wanting to get the most from relationships with the opposite sex, and on the subject of intercourse and what precedes it, Dr. Reik makes many pertinent observations. Here is a selection:

A woman who wants to be caressed in a certain way will, if her wish is not fulfilled for a long time, caress her lover in that manner; she will, for instance, kiss him behind the ear if this is an erogenic zone for her. This is





an indication that she does to him what she wishes him to do to her.

Continental wives do not often take the extramarital affairs of their husbands tragically. One has said 'A man sometimes likes to eat in a restaurant, but he really prefers home cooking.' Another, full of contempt about her rival said, 'He can sleep with her, but he can talk only with me.'

A woman describing the kind of incipient sexual arousal that faded without reaching orgasm said, 'It was a ripple and not a wave.'

Middle-aged housewife, who found out that her husband was having an affair, speaking of her own reluctance to have sexual intercourse with him . . . 'I prefer to have a tooth pulled.'

All young women sometimes feel the fear that by making love to a man they may appear unlovely to him.

Men are freed by the fulfilment of sexual desire, women are committed by it. The same act often means release for one and bondage for the other.

Severe conscience

Among the letters in my postbag, there are often problems caused by feelings of guilt and self-doubt. It seems that many women have their self-confidence damaged and even destroyed by an over-severe conscience, but I had never looked on this difficulty as the reason for some of the unlikely pair-bondings

that occur. Dr. Reik explains them this way: 'The person who seems self-sufficient has the centre of gravity in himself and irresistibly allures another person who is in a state of self-dislike, self-criticism or discontent with himself or herself. There is the woman who appears to be satisfied with herself, her beauty and charm, and does not seem to need to be loved on account of her self-love. She entices and challenges the man to break into her self-sufficiency to induce his own discontent in her and to break the walls down between him and her.

Provoking traits

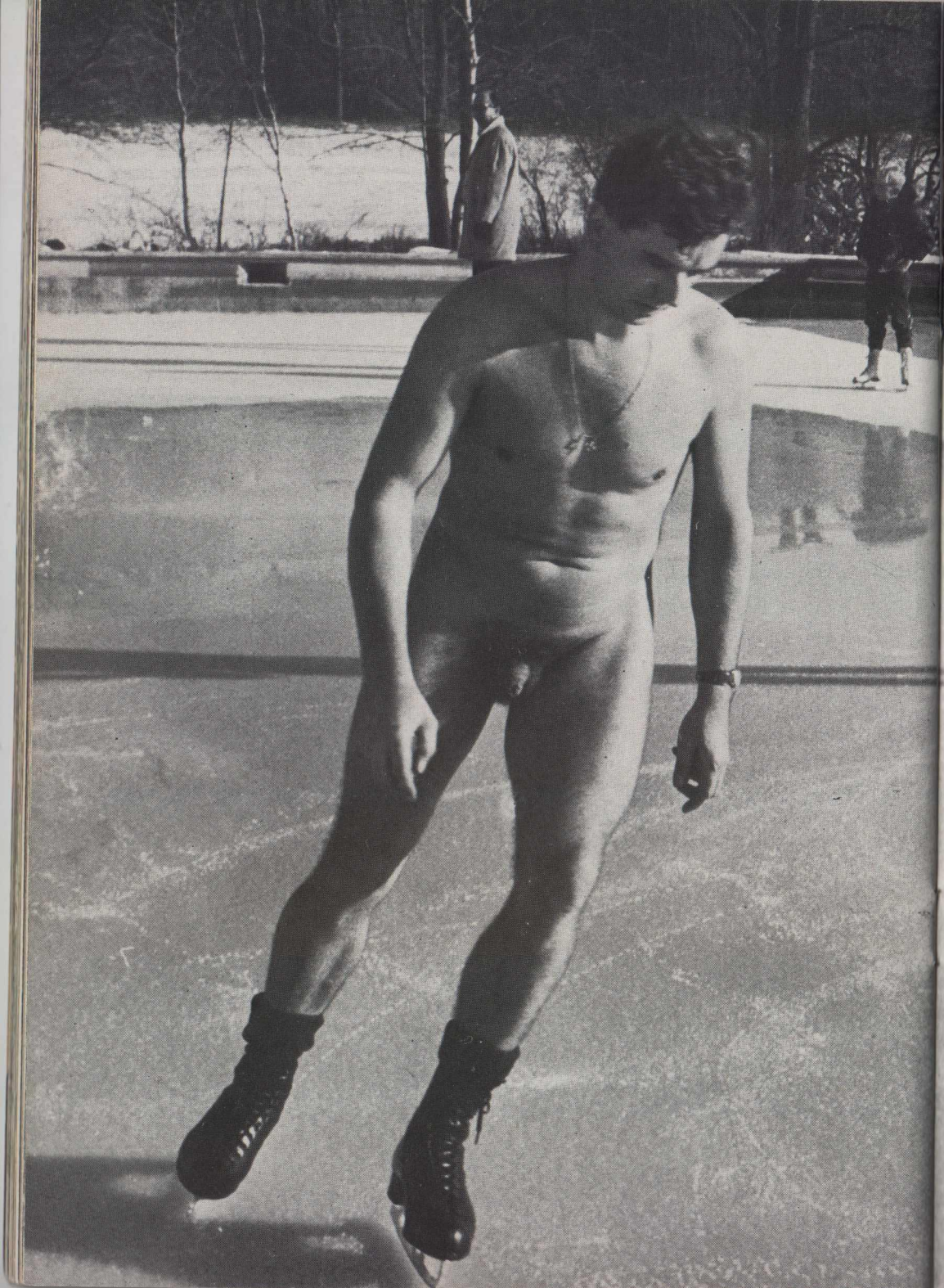
'Her inner peacefulness, her reserve and her freedom from troubles, her quietness and restfulness are provoking and are tempting the man to disturb her self-sufficiency and emotional peace. The appearance of not being driven by sexual desires works as an added stimulus in the man who wants to arouse in her the same emotions which he, attracted to her, experiences. But also the woman is often impressed by the appearance of self-sufficiency in a man. It somehow irks her that he is not more susceptible to her charms or her personality and that he is occupied with other and more important things. But are there, or should there be, more important things for him when she is there? The appearance of self-sufficiency is one of the strongest challenges for both sexes. Women are only more able to disguise and conceal its effects than men.'

Modern experts acknowledge Theodor Reik as one of the few masters of applied analysis and in 'Sex in Man and Woman,' he has combined unrivalled knowledge of his subject with both wit and eloquence to produce an enlightening and entertaining book which I heartily recommend to anyone interested in the revealing confessions of patients he has listened to in years of psycho-analytic practice. I was fascinated and intrigued by the number of findings which applied to me and anticipate that other readers will find parallel examples.

**Sex in Man and Woman* by Theodor Reik, published by Vision Press Ltd. at £2.40 in paperback.









WORLD OF THE NATURIST

The German Naturist Federation celebrates its return to the fold by being hosts to the next International Naturist Federation Congress in August. Sport and Nudity will be the theme, reports Charles Kentish and no doubt the results of the events will be a repeat of the thumping victory achieved by West Germany in the international swimming meet of last year.





VERY soon the hour will come when we burst our chains and burn our bathing suits. Nudists all over the world, unite yourselves.'

This forthright declaration of faith came from Italy, where it is claimed that hundreds of people 'enjoyed the Roman coast of Torvajonica, in spite of the attention of the carabinieri.' No doubt we shall be hearing a great deal more about this 'free' beach.

A new naturist club has been formed in the Venice district: Associazione Naturista Veneziana.

I am glad to hear that Italian naturists are, through their official spokesmen, campaigning against the wholesale slaughter of song birds.

The Belgian Naturist Federation has announced that a motion before its General Assembly two years ago, has been implemented: Belgium now has one federation (F.B.N.)

The good news from the Netherlands continues to flow in. The country now has six free beaches: Scheveningen, Zandvoort, Callantzorg and two on the island of Texel. The N.F.N. have acquired a 28 ha site on the coast at Flevermeer. It is planned to open a commercial naturist park there within the next two years.

Montalivet is to have a rival. Ten miles away a new centre, known as Centre Helio Marin Crayan has been opened by the Euronat Company.

I was saddened to hear of the death of Anton Schnitzinger. He had been an important figure in Austrian nudism since 1933. For many years he was president of the Liga für Fortschrittliche Lebengestaltung. He resumed contact with 'Health and Efficiency' soon after the end of the war. He was 77 years of age.

The Yugoslav experiment

Every tenth visitor to Yugoslavia is a nudist, according to a recent survey. There are 23 official nudist villages, hotels and camping grounds.

A new nudist park was established towards the end of 1975 near Porec, some three kilometres from Monsena. There has been some careful and elaborate town planning,

and I am told that an 'unusual' type of house is standard. A warning to parents has been given; one has to be careful with children playing around because of the 'rather intense' car traffic.

Bulgarian nudists are going ahead with their plans to meet, in spite of the close attention of the police. 'Fines are given, but most of the time it is possible to bathe and meet anything from 50 to 100 people on the site.' I do not understand a report which has just reached me. It refers to official nudist beaches, and also to the fact that nudism is forbidden in Bulgaria. It seems that keen nudists play a sort of tip-and-run game with the police.

South Africa. Michael Annesley and his wife are going ahead with their proposal to found a nudist club in Natal. It is understood that they have their eyes on Sandy Bay, which has so often been in the news. The Annesleys have had some unwelcome publicity. One newspaper, avoiding the usual mud-slinging, gave the opinion that at the age of 66, they were too old. But other papers took the more usual line and made a typical sexy story of the venture.

Declaration down under

Australia. An international film company, with the full co-operation of Australian nudists, has completed a documentary film about Nudism down-under. I am told that the film has been passed by the censors and has been purchased by television companies. Prints are offered for sale. The feature runs for 48 minutes and the cost is 500 Australian dollars. It is on 16 mm Eastman colour.

The following declaration of faith by the Australian Naturist Federation may seem over bold, but it does at least express the hopes and the sentiments of us all.

'The old idea of hiding behind a fence and pretending the outside world does not exist, while we are at our clubs, is to be re-thought.

'Members who might have felt they were daring and a little bit special because they belong to a nudist club, must now realise that many more people are doing the same thing without caring who sees them on the beach. If our clubs are to survive, we have to give our members something more than secrecy. The







feeling of friendship, the feeling that we are part of a world-wide organisation and proud to be nudists, the feeling that we are above political party policies, religion and creed, these are the emotions which we have to waken and foster. It is on these ideals that the Australian Nudist Federation lays down special emphasis.'

Caribbean. Plans are being discussed for the conversion of a 50-room hotel at Saint Martin into a naturist centre. There are possibilities that a beach nearby may be classified as naturist by the French administration.

This first announcement seems to have been a little premature, for it is now stated that only if 'sufficient clients' are attracted will the hotel become naturist.

Our Spanish friends are still trying, apparently without hope, for the law (and the customs) of their country are very much anti-nudist. However, it is known that there are many Spanish nudists and an office has been opened in Madrid to help them. Club Internovami corresponds with nudists in many countries and in Spain itself. The address is 'Internovami' Apartado 36.272. Madrid.

Olympics. The East Haven Sun Club (Canada) is prepared to help naturists who take their own camping gear during the 1976 Olympics. They will also run a special shuttle bus service—the distance to Montreal from East Haven is about an hour's driving time. Full details can be obtained from Box 440, Casselmann, Ontario, KOA IMO Canada.

Preparing for the fray

At one time we used to receive regular news from Vancouver. For some time now the 'service has been suspended' and what is worse, letters of enquiry have been ignored. I'd be glad if someone in a position to check, would let me know what has happened.

The American S.A. has announced the result of their election.

President: Betty Bond

Vice-President: Morris Dinnie

I.N.F. Delegate: George Blicker

The next I.N.F. World Congress is to be held in Monzingen, near Bingen on the Rhine, from July 31st to August 5th. The theme of

the Congress is 'Sport and Nudity,' and the proposers say that the events in the programme will be an 'alternative Olympiad,' keeping in mind the running of the official Olympic Games in Canada, being contested at the same time. The use of the DFK's ground at Monzingen will mark the reaffiliation of D.K.F. with I.N.F.

The 6th International Swimming Gala was held at Bern, Switzerland early in November 1975. The results make interesting reading, as some indication of the number of countries supporting I.N.F. by their membership. Germany, with 30 contestants, won 22 gold, 21 silver, 15 bronze. Switzerland, with 33 contestants, won 5 silver, 11 bronze. Netherlands, with 27 contestants, won 5 gold, 5 silver, 4 bronze. Great Britain, with 11 contestants, won 2 gold, 1 silver.

It is obvious that it costs money to take part in such events, and I think this may account for the poor representation of some countries.

I have often been asked whether there is any system of grants to help those who would like to attend I.N.F. and other meetings. I may be very much out of touch, but I think not. I believe there are British clubs which could afford to make grants for members visiting overseas clubs. There may be some who already do this. But British Sun Clubs certainly do not enjoy lavish hand-outs as some of our friends overseas enjoy.

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PROBING the PRESS

In her inimitable style, Maggy Stilwell investigates the Press, which in its never-ending pre-occupation with the nude and all its purported works, does occasionally draw attention to injustices that result from out-moded laws and practices.





THANKS to Ron W., of Finchley who sent me a cutting from the Angling Times. Doubtless some naturist club could make use of the idea. It appears that a certain Angling Club had a problem. One, not unfamiliar to naturist clubs. Their patch, or to put it more precisely, their fishing hole, was in a dreadful state. Overgrown with weeds. Rubbish over the banks. The odd pram, bedstead and bike protruding from the waters. For years the committee had called in vain for volunteers to clean up the mess. I said it was a familiar problem.

Then the secretary had an idea. He wrote to the local paper. 'I wish to complain most strongly about the disgraceful and disgusting state of affairs at one of our recreational waters. For several years now I have observed young ladies—if they can be flattered by such a term—cavorting in the water in a state of total undress. Their activities are not confined to the water. Scarcely a square foot of bank or undergrowth escaped the tread of a naked foot as these persons leap from tussock to tussock in a frenzy of abandonment. It is time the council, or the local constabulary clamped down on this sort of thing . . .'

Fish eye view

No sooner had the local rag hit the streets, than a swarm of Angling Club members, plus others, were busy ostensibly cleaning up the waters. They worked through the Saturday and were still busy on the Sunday. Meanwhile, the Secretary and the Chairman who had been let in on the secret, sipped their pints in the local and as the saying goes, laughed up their sleeves. Eventually one of the workers staggered in—exhausted. He had never seen anything like it. Naked birds all over the waters and banks of their patch. Starkers! Not a stitch! Dozens of them. The Secretary and Chairman leaped towards the door. 'It's too late now,' called the member. 'They have all gone. Women's Lib Group it appears, demonstrating in sympathy. If their sisters wanted to bathe in the nude then they jolly well should be allowed to do so. And they came in a coachload to prove it.'

I am also grateful to one Richard of Dunedin, New Zealand, who sent me a cutting from a local paper. A picture with the

piece showed one Mr. Emiel Roland hoisting a notice on a beach at Ohope. Mr. Roland is chairman of the Free Beach Committee of the Sunbather's Association. The sign he put up said that nude bathing may occur on this beach, and added, 'anyone likely to be offended, please postpone their visit to some other time.' The photograph was most discreet. Although the report mentioned that nudists from all over the country gathered there, not a one was to be seen, if you exclude what appears to be a female head just visible over Emiel's shoulder. Shadows were nicely arranged to preserve reader's modest eyes. Nevertheless, congratulations to Mr. Roland. It takes guts to go public like this. Guts sadly lacking in this country. Whom among our fearless leaders will volunteer this summer to emulate Mr.



Roland? I can tell you right now. None! Yes, they will write letters. They will make pleas and shout about 'rights.' But will they be seen in person, staking out a bit of beach and taking the challenge right into the enemy's camp? They will not. And when the summer is over, we will still have no free beach.

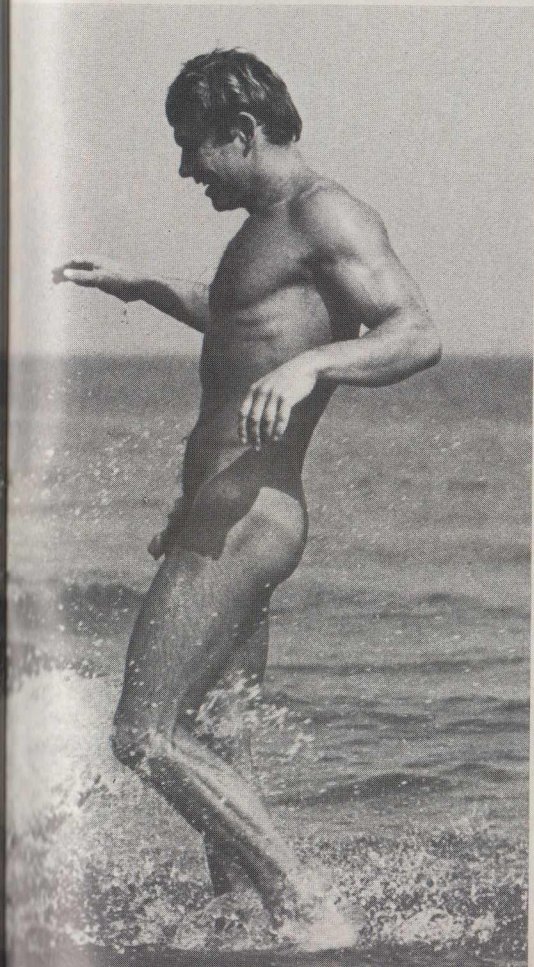
I use the term in the way most of us would. That is a beach similar to many abroad, where you can go nude with no fear whatever of being in trouble with the law. We do have beaches in this country where nude bathing has survived Victorian prudery. More and more, they are being used by nudists, but not, unfortunately, in complete safety. One of these beaches is situated near Shoreham. Last summer the beach was attacked by the police, who swarmed along taking polaroid pictures as they went. Eventually they charged two

young couples with indecent exposure, an offence under the Town Police Clauses Act of, wait for it, 1847! It is quite intolerable that laws made in completely different times should be used to oppress us in this day and age. It is more especially so when you learn that the law was originally intended to be used against our old friend, the male flasher.' The couples pleaded guilty, rather than face the publicity a plea of not guilty would bring. I suppose one can hardly blame them. But isn't it time someone made a stand and exposed the stupidity of ancient laws that have no place in today's society? After all, who really believes a streaker is intent on 'insulting behaviour,' and attempting a breach of the peace? If one is to judge by the number of times the picture has been repeated, one of the most loved figures of 1975 was the nude streaker who leapt the wickets during one of the Tests.

Changing status

While on the subject of beaches, the status of our famous Sandwich Bay has changed. A 50 foot strip of the dunes came up for auction this summer. In all, some 14 acres were involved. I believe Eureka were interested, but in the end the dunes went to the Kent Trust. They already have a bird sanctuary further along the beach. So what about joining the Kent Trust. It should make continued use of the beach that little bit easier. However, that part of the beach most used by Nudists is not included in this sale. It belongs to the nearby golf club, and at one time last summer it looked as though it too would be put up for sale. That is no longer the case. But I have heard that you can buy the package—golf club and beach—if you have the money. Step forward please any millionaires who may be fond of either Golf or Nudism, or preferably both. Come to think of it, a Nudist Golf Club and beach would probably be unique. Think of the dollars, marks, francs and even a yen or two that would attract.

On a not so completely different subject, most of us are aware of the reduction in sexual crimes which occurred in Denmark after laws banning pornography were repealed. Well, something similar has happened







in this country. While our laws against porn are still active, in practice a great deal has changed. What was once regarded as pornography is now commonly accepted. The sight of pubic hair no longer causes an outcry. Newspapers no longer air brush out a belly button as they did when I first started writing this column. The nipple count in the Sun newspaper reached nine today and is likely to remain high as far as the eye can see. The representation of male or female sexual organs is no longer expected to send masses of the population raving with depravity and corruption. Yet only yesterday this was the confirmed opinion of what appeared to be the entire legal profession. And what happens to the crime figures? Yes, I know I have pointed it out again and again. But still the figures confirm the Danish experience. I quote, 'The increase in the number of criminal offences in England and Wales is accelerating. Home Office statistics published recently show that offences during the third quarter of 1975 rose by 9 percent, compared with 1974.'

Drop in crime rate

But, and what a big 'but' it is, there occurred *no* increase in sexual crime! In some areas the fall in sexual crime was phenomenal. For instance, in the Cambridge area, sex crimes were reported to be 51 percent *down*. I cannot help feeling that those who would still impound and confiscate and prosecute magazines which dare show the human body as it is are in favour of increasing sexual crime. Could it be that the police fear that unless they do something, the entire range of sexual crimes may vanish.

For they are certainly showing a desperation to get convictions which has alerted many newspapers. Cases which have come before juries have been thrown out again and again, and it is more than suggested that the police are afraid to face up to juries and are seeking forfeiture orders instead. This device makes jury trial practically impossible to achieve. Moreover, this procedure outrages an assurance given by the Conservative Solicitor in 1964—Sir Peter Rawlinson. Sir Peter told the House of Commons that where there was a breach of the law under the

obscene publications act, a forfeiture order would not normally be used.

Prosecutions

But recently there have been police raids on reputable booksellers. Johnson's Newsagency in Bath, Campbell's Bookshop in Liverpool, Bristows Paperbacks in Norwich, and the magazine Forum in Shrewsbury. There are others. Mr. Leo Abse said of forfeiture orders, 'They are clearly being deployed in cases which should go before a jury. In my judgement, the Director of Public Prosecution's excess of zeal in a wide area is at present exposing the Attorney General, Mr. Sam Silkin, to unmerited criticism.' While this must concern us all, what I can't understand is why the police should attack the magazines in the first place, since they are clearly responsible for a decrease in sexual crimes. Unless, that is, the police are in favour of increasing sexual crime, and that is quite unbelievable.

But let's end on a lighter note. Did you read the bit about a man who was bound over for standing naked on a window ledge with a candle on his head? As A. L. Burley of Warrington said to the Press, 'It's fantastic. Let's have more.' I quite agree.

And what about the American women's group who are getting their knickers in a twist about a certain doll produced by Mattel Toys. When the arm is screwed (that's different) the doll grows breasts. 'It is a gross caricature of the female body that invites ridicule,' and it 'caters to psychotic preoccupation with the instant sex object,' they conclude. Come off it girls. Best reply would be to make a male doll which when screwed, did what all male dolls do in such circumstances.

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LETTERS TO THE EDITOR

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SEX IN NUILITY

HAVING been a devotee of H. & E. since before the war—when I was a teenager—you may consider my thoughts of likes and dislikes of interest. I would agree with those writers who have put the view which is expressed by Lance Ridgeway and A.M.S. in No. 950, that nudism and the photography of nudism cannot be divorced from sexuality.

A great many of the pictures have a wonderful sexual quality, though never, to my mind, pornographic. Perhaps as proof of this I must say that I find no interest in the pictures of men—and I would say that I feel that very rarely do the men appear to have the naturalness in their posing as do most of the women. Some of the pictures of children give pleasure from the sense of happiness they convey. Others would be best left out.

I thought the picture of the girl on page 57 of No. 948 conveyed a marvellous impression of a happy, carefree youngster—but the photo of the same girl on page 12 of No. 949 was too sexual for her age.

I have followed Murray James' articles on



photography with great interest, as some twenty-five years ago I was a member of a camera club, never reaching that standard of competence to be able to give much attention to a model (when we had one) while battling with technique. Many of your published pictures are good illustrations of points he makes. For example, I like the inside cover of No. 947, where the two girls, thanks to the photographer, convey a feeling of tenderness and affection, while in other issues, pictures of the same two girls are flat and lifeless. In the same issue (947) on page 57, the photographer has done so well that I have the impression of being able to feel the soft tenderness of the model, as though she were real flesh and blood. While the girl on the inside back cover is stiff and contorted—a good example of how not to do it.

Perhaps my favourite picture in the last few months, is the one given second place on page 63 of No. 948, described by you as a 'well set-up matron' rather unkindly, I think. Though nicely rounded, I would not describe her either in physique or age as matronly.

It does seem that the number of ladies willing to be photographed is sadly limited; the same

faces appearing again and again. In fact, some of them seem to have been with us so long, they must be ageless. Not a fortnight passes without a picture of the girl who appears—perhaps her best—on page 7 of No. 949, although I admit, she always looks gloriously fit and happy.

Unlike your New Zealand correspondent in No. 945, I am not concerned whether or not a girl has a 'protruding or subtracted clitoris,' but I do have a dislike (visual) for pubic hair. As a teenager, in the days of re-touched photos, I wanted it to be shown. At that age it was the novelty of new grown-upness. But many years before you had reached the permissive era, when unadulterated pictures could be published, I had matured and come to feel that this was even more unsightly than under-arm hair.

I cannot understand why a woman who consistently removes one, does nothing about the other. I would have thought that the advent of the electric razor had overcome the objections of earlier days. I particularly object to page 75 of No. 949, where the picture is taken to centre on to an off focus 'bush,' and page 61 of No. 950 where the photographer has made it look as though the pubic has been smeared with dirty engine oil from the girl's motor-bike. It can also, at times, look as though it has been added later, or, as is the case with page 61, No. 950, in conjunction with the bikini shadow, look like an ill-fitting 'G' string.

The girl on page 43 of No. 948 and page 38 of No. 950 is very attractive—but oh! the posing—like relics of the 1930's.

However, in the last couple of issues, there seems to be more girls with less unsightly hair, so here's hoping for a continuation of the trend.

Cheltenham, Glos.

C.B.

(I think you have made a very fair assessment of the contents of our several magazines, although I could take issue with you about one or two points you have raised. However, I agree wholeheartedly with your views about female body-hair and the question of curiosity is one which should be retrieved from the gutter in which we as a society have placed it. I have had cause to refer to this in our Fortnightly Vol. 77, No. 1 (January 10th, 1976)—Ed.).

BOGGED DOWN

DURING the fine summer, my husband and I decided to join a club, instead of remaining private sunbathers. The thought was easier than the deed! Why does it take a club secretary three weeks to write three lines telling us to apply next year? Our next enquiry had delayed, but better luck with another club, although by then, the summer was turning into autumn.

We arrived at the appointed place and time, and on being shown inside the Club, our hearts fell! The weather was dull, although mild, but where were all the jolly members we had read about? Occasionally a figure in a worn and dingy blue track-suit would slink by. The interior of the pavilion was on a par with tatty books and magazines strewn about, grubby furniture fit only for the bonfire! Even the notice board had faded items, obviously (and confirmed!) years old.

What sort of people tolerate such conditions? Outside, we'd certainly not live like this, so why should we choose to lower our standards in our leisure time? Is this typical of the average club?

Gloucestershire (Mrs.) D.I.S. Illusioned

(The problem lies with the attitude. It seems that the pioneer instinct to make do and mend still guides the policies of most clubs. Half the reason why recruitment is poor, for the choice of people who are prepared to 'muck-in' is obviously small in our sophisticated society.—Ed.).

LIBERTY BELLE

I WISH your male correspondents and your Editor would realise that the decision whether to shave off our pubic hairs rests with us women alone. In H. & E. Nov. 1st., a letter describes it as 'unsightly and disfiguring.' But my husband, for one, would disagree. He says that women who shave look like little girls again, and is proud of the thick black bush covering my mound.

From a female angle, may I say what I think of as unsightly in men, namely the sight of their genitals flying about when they play

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tennis or beach games. It looks so silly too, as usually they keep one hand near to steady the offending parts.

My husband, who is very well endowed, would never dream of playing tennis or beach-ball without wearing his jock-strap. Not just for comfort, but out of a sense of modesty and respect for ladies present. So, gentlemen, your nakedness is lovely, but I feel there are times when nature's design needs a helping hand, or rather a pouch! So, pubic hair off, jock-straps on for games—fair exchange?

London, N.W.6

C. Woodward (Mrs.)

(I can see the need for the practical use of the jock-strap for men when playing games, but not for the reason you wish to apply it, 'Modesty and respect?' My word, you are mixed up! The popular understanding of these two qualities are not accepted in the same sense among naturists/nudists. If they were so, communal nakedness of the kind to which we are committed would be unjustifiable.

So, your husband likes pubic hair, and others do not. There is room in this world, would you not agree, for both opinions to exist? The little girl equation is rubbish, of course. A grown woman is not reduced to a little girl condition in only one part of her body; what account have you taken of adult breasts and hips, and overall design? In any event, if a woman looks 'younger' for the removal of her pubic hair, it should give cause for commendation.—Ed.).

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